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refinement is of greater importance in the tedious care of convalescents and children, who must be amused, read to, watched, and tended, than in the active fight with sickness when more valuable qualities of mind and body are requisite. Servants, even nursemaids, as a rule, know little of what to do in sickness, though they too often think they know, and mothers and housekeepers have such a multiplicity of things to do, that these attendants can do much to lessen the fatigue and anxiety of others. It is not only self-supporting women, but educated women, so to speak who need special instruction in the care of the sickroom, though it should, never be forgotten that to the physician belong authority and responsibility, and that to him implicit obedience is due. But as any woman at any time is liable to be called upon to assist in the care of the sick, and as the utter ignorance from which most of us suffer makes others than ourselves wretched, many "educated" women take the same training as an "attendant."

Talks on home nursing are also given at working-girls' clubs by lady doctors and by lay ladies, the latter of whom have gone through a certain course of limited instruction and been examined as to their competency and thoroughness by physicians. The girls are systematically taught the preparation of poultices, bedmaking, changing sheets, etc., the best way of washing and dressing a baby as shown by means of a huge rubber doll, the home process of sterilizing milk, etc. All this is not merely talked about, but actually done before the girls, who, in turn, are themselves obliged to do these things over and over before the class. Even if they learn their lesson well, they are repeatedly told that their only safety in sickness lies in following the physician's directions. It should never be forgotten that these "talks" should be purely objective. Nothing which in any way belongs to the province of the physician should be touched upon. Whenever doctors feel assured that such care is exercised, they are hearty in their approval of enlarging the boundaries of common-sense. But when they see rules and regulations prescribed by people who do not know what they are talking about, they do well to withhold their approval from such forms of philanthropy. Yet surely by the application of common-sense, which is neither a patent nor a quack medicine, the poor sick can render themselves and their families more comfortable. Those who are able to lighten their cares by procuring the aid of "attendants" will preserve their own health, while to the trained nurse and the good physician we owe our success in the struggles between life and death, in which we so often are enlisted for ourselves or others.

KATE GANNETT WELLS.

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#### CUBAN WOMEN.

A TYPICAL Cuban beauty—and Cuba is famed for its beautiful women—has large, languishing, black eyes, with long eyelashes, a small mouth, red lips, a colorless complexion—in the tropics red cheeks and a bright blooming complexion are seldom seen—and skin with the opaque whiteness of a camellia. She is of medium height, has a shapely form, graceful undulating gait, and her hands and feet are small, and exquisitely shaped. She is generally languid and listless, but she has a winning way and charming manners, with plenty of mother-wit to supply the lack of book-learning, because after leaving school Cuban girls usually relegate their books to oblivion, and only occupy their minds with the chit-chat of society, dress, fashion, or household matters. Nevertheless many are educated at

the best convents and schools in Paris or New York or in other large cities, where they acquire a brilliant education which fits them to hold their own in society. But after they return to the tropics, they learn that the climate is not conducive to mental labor, but rather to a life of *dolce far niente*.

A Cuban girl's life is very restricted, and she is never allowed to go out alone, nor receive callers of the other sex except in the presence of her chaperon or some member of her family. If during her childhood she attends a day-school, a maid or some family servant takes her there every day. And she cannot go as short a distance as across the street unaccompanied. In some instances Spanish customs are absurd and incongruous. Every well-fitted establishment in Cuba is provided with a *concierge* to guard the entrance and admit callers. This man, usually an ignorant peasant, sometimes escorts the young ladies of the family he is serving, and that is considered perfectly proper; whereas it would not be proper for them to go out attended by a gentleman, even if he were old enough to be their father and an old friend of the family as well. Of late years, however, the frequent intercourse between Cuba and the United States has somewhat modified the customs. For instance, two ladies can now go out alone in Havana in the day-time, which would have been considered an unheard-of and most shocking proceeding a few years ago. The social pastimes a girl enjoys in Cuba consist of balls, parties, concerts, receptions, the theatre and opera, and picnics—for the Cubans have adopted this American diversion, although in a modified form to suit the requirements of Cuban etiquette.

Cuban girls usually marry very young, even at twelve and thirteen years of age; although nowadays such marriages are not usually deemed advisable nor countenanced by their parents, as that is too early for a girl to assume the cares and responsibilities of married life and maternity. Except in ultra-fashionable circles in Havana, which follow French customs and adopt French views of life, after a girl marries she does not care much for society, and devotes her time exclusively to her husband and her children. In their home life Cuban women are devoted to their children, being too indulgent and self-sacrificing sometimes. A woman's whole life is given up to her husband and her family, and she considers no sacrifice too great to make for them. In her social relations she is a warm, constant friend, and in time of trouble faithful and kind.

Perhaps some of the customs which cause a Spaniard or Cuban to guard the women of his household so jealously may be due in a measure to the influence of the Moors in Spain during olden times, and they may have adopted their ideas in regard to woman, considering her as a beautiful, charming being, made to delight a man's heart and grace his home, and be the guardian of domestic peace and joy, but to exist for him alone, without any aspirations beyond her household, nor desire to mingle with the world. Women, however, are gradually becoming emancipated from this social thralldom, and men look on them more as equals, or companions, than simply as beautiful creatures to be worshipped and treated with chivalrous regard, but to be kept excluded from the world or subservient to men's will; and we now read of women being admitted to the bar and allowed to practise medicine and other professions in Spain as well as in Spanish-American countries. But Spaniards will be the very last people in the world to approve of these "new-fangled notions."

MARY ELIZABETH SPRINGER.